



Starting Safely: Teaching Youth about Workplace Safety & Health

Starting Safely is a 3-hour curriculum for middle and high school-age youth. The curriculum aligns with the Maine Learning Results and can be taught in its entirety or in parts. The goals are to:

- Educate youth about workplace hazards and strategies for preventing work-related injuries and illnesses;
- Raise teens' awareness of their rights on the job and the resources available to them;
- Encourage young workers to be active participants in creating and maintaining safe and healthy work environments; and
- Provide a **Starting Safely** completion certificate for student portfolios.

Who can use Starting Safely?

A teacher does not have to be an expert in occupational safety and health to introduce the concepts and skills in **Starting Safely**. The **Starting Safely** guide enables teachers and other educators to engage youth in learning about occupational safety and health. The activities can be used in schools, career awareness workshops, vocational and academic classes, alternative education programs, after-school programs, or in any situation where young people are learning or talking about jobs or work. If you prefer, a Maine Department of Labor representative can teach **Starting Safely** to students or provide a teacher training class for educators.

Why teach teens about occupational safety and health?

Each year approximately 120 to 150 Maine teens are injured at work seriously enough to lose time from their jobs. The number of 14 and 15 year olds in the Maine workforce has doubled in the past two years. Teens are more likely to get hurt at work than adults, even though they are prohibited from doing the most hazardous jobs. Despite the risks, most teens do not receive adequate safety training before they start work. With appropriate knowledge and skills, teens can play a major role in protecting themselves and making their workplaces safer --- now and as they move into adulthood.

What is included?

Starting Safely includes everything an educator needs to teach an introductory unit on occupational safety and health. The learning activities were created and tested by high school students, who helped make them relevant, age-appropriate and fun. Included are:

- The **Starting Safely** curriculum binder.
- Video. Teens@Work: Starting Safely is a 10-minute video created by high school students in the multimedia program at Capitol Area Technical Center in Augusta, Maine. Questions are provided to facilitate follow-up discussion.
- Learning Activities. Each activity includes learning objectives, background readings, complete instructions for preparation and implementation, and reproducible overheads and/or handouts.
- Additional resources for program enrichment.

For a copy of **Starting Safely**, use the attached order form, borrow it from the SafetyWorks! video library (call 207-624-6465), or go to <http://janus.state.me.us/labor/blsmain.htm>.

For more information about Starting Safely contact Lynne Lamstein, Maine Department of Labor, at 207-624-6465. (TTY: 800-794-1110). E-mail: lynne.c.lamstein@state.me.us

ORDER FORM

Starting Safely: Teaching Youth about Workplace Safety & Health

To order:

- Payment is required with the order. We cannot accept credit cards or bill later.
- Make checks payable to "Treasurer, State of Maine".
- Prices on this form are current at the time of publication, but could change.
- Mailing and handling charges are listed below and are for U.S. addresses only. Allow four to six weeks for delivery.

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_____ I'm interested in training from the Maine Department of Labor on **Starting Safely**.

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Enclosed is my check or money order (made payable to "Treasurer, State of Maine") for \$_____.

Send form and payment to:

Starting Safely, Maine Department of Labor, 45 State House Station, Augusta, ME 04333

For more information contact Lynne Lamstein, Maine Department of Labor, at 207-624-6465 (TTY: 800-794-1110). E-mail: lynne.c.lamstein@state.me.us